

LHS K-2 Weekly Fun Fitness Challenge



Your Goal: To complete the **Jump Into Fitness** challenge each day of the week. Jumping rope makes our heart stronger and also improves our balance and coordination! Perform the number of jumps listed for each day followed by the 1 minute jump rope challenge. Work hard and have fun!

JUMP INTO FITNESS!



Monday	Tuesday	Wednesday	Thursday	Friday
20 Jumps + 1 Minute Challenge	25 Jumps + 1 Minute Challenge	30 Jumps + 1 minute Challenge	35 Jumps + 1 Minute Challenge	40 Jumps + 1 Minute Challenge

The 1 minute jump rope challenge: Count how many times can jump your rope in 1 minute. Jumps do not need to be done in a row. If your rope stops, just keep going and pick up from where you left off. Try to improve your number of jumps each day.

If you do not have a rope do not worry at all. You can do the challenge by jumping with an invisible rope. Pretend to turn the rope as you jump.

If you are still learning to jump rope, you can also stretch the rope out on the ground and jump back and forth over the rope.

